

COMMAND FITNESS LEADER (CFL) QUALIFICATIONS

1. CFL Qualifications. Setting the course toward a Navy fitness culture requires leadership from the front. CFL qualifications shall be as follows:

- a. E-6 or above preferred.
- b. CPR qualified.
- c. Non-user of tobacco products.
- d. Overall PRT score of "Excellent-Low" or better.
- e. Be within maximum weight for height standards or no more than 21 percent body fat for males or 32 percent for females.
- f. Complete NAVPERSCOM-approved CFL certification course.

2. CFL Training. CFL training is an intensive and challenging overview providing the practical skills necessary to conduct an effective program afloat and ashore. Personnel successfully completing training receive certification as both a Physical Fitness Specialist certified by the Cooper Institute and CFL. CFL training consists of classroom and practical hands-on sessions over 5 days and covers

- a. basic exercise science (physiology, nutrition and weight control, psychology of motivation, program adherence, and stress management).

- b. Physical Readiness Program administration (PFA procedures, record management, and use of CFL software, safety, etc.).

- c. exercise programming and organization (coordinating individual and command needs, physical training session scheduling, promotion of exercise, space and equipment utilization).

- d. coordination of resources available to CFL (MWR, medical department, NAVPERSCOM, support commands, etc.).

3. Until command secures a fully qualified CFL

a. appoint an interim CFL. In appointment letter identify deficiencies, state date to complete qualification, and identify resources and personnel (CFL at another command, MWR fitness professional, former qualified CFL, and other appropriate personnel) who will assist interim CFL in the safe conduct of the Physical Readiness Program.

b. establish a Memorandum of Understanding (MOU) with all activities providing resources and personnel. MOU shall identify all responsibilities and authorities of persons involved in the Physical Readiness Program at the command.

c. command shall secure fully qualified CFL within 6 months of appointment of interim CFL.